

JUNEAU COUNTY AGING & NUTRITION

AND MILE BLUFF MEDICAL CENTER

An Adult Fitness Program Will Be Held
@ The JUNEAU COUNTY SENIOR CENTER

Low Impact Exercises Suitable for All-Ages and Skill Levels
Half of the Exercises are Done Sitting Down
The Other Half are Done Standing Up

Begins December 12, 2005

10:00 – 10:30 a.m. Every Monday and Wednesday

Your First Class is Free!!

Classes Cost \$1.00 for Each Session
You Must Sign Up for At Least 5 Sessions

CALL HEIDI @ (608) 847-9366 OR
STOP BY THE SENIOR CENTER TO SIGN UP!!

We Need a **Minimum of 10** People to Hold the Class, So
SIGN UP TODAY!!

